



19. Sondershäuser Kristall-Lauf  
Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Krannich, Steffen

Club: Beachvolleyball Club Altenfeld  
Number: 211

Course: 10.50 km  
10 km (680 m unter der Erdoberfläche)

Category:  
Männer 40 bis 49 Jahre

Total time: 49:02

Speed: 12.24 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 63 (of 389)

Rank in course/Men: 58 (of 301)

Best time in course: 32:58

Rank in category: 19(of 83)

Best time in the category: 35:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	9:27	4:29	18	2:36	41	3:05	2.10	9:27	4:29	18	2:36	41	3:05
Rundenzeit	2.10	9:31	4:31	21	2:32	75	7:53	4.20	18:58	4:30	17	5:08	47	6:04
Rundenzeit	2.10	9:45	4:38	18	2:38	62	3:05	6.30	28:43	4:33	17	7:46	54	9:09
Rundenzeit	2.10	10:05	4:48	19	2:55	62	3:25	8.40	38:48	4:37	17	10:41	56	12:34
Finish	2.10	10:14	4:52	21	3:03	86	3:30	10.50	49:02	4:40	19	13:44	58	16:04